

2026 Virginia Senior Games

FINAL Time Schedule

Running Events

10:30 AM	M/W 1500m Run (1 Heat)
10:45 AM	W 50m Dash (2 Heats)
10:55 AM	M 50m Dash (3 Heats)
11:10 AM	W 100m Dash (3 Heats)
11:15 AM	M 100m Dash (3 Heats)
11:30 AM	W 400m Dash (2 Heats)
11:35 AM	M 400m Dash (3 Heats)
11:45 AM	M/W 1500m Power Walk (1 Heat)
12:00 PM	M/W 800m Run (1 Heat)
12:15 PM	W 200m Dash (2 Heats)
12:20 PM	M 200m Dash (3 Heats)

Field Events

8:00 AM	M/W Javelin (2 Flights)
8:30 AM	M/W Pole Vault (9 Athletes)
10:15 AM#	M/W High Jump (15 Athletes) M/W Shot Put (2 Flights) M/W Long Jump (1 Hour Open Pit)
11:30 AM	M/W Triple Jump (1 Hour Open Pit)
12:00 PM\$	M/W Discus (2 Flights)
2:00 PM^	M/W Hammer (1 Flight)

Field Event Notes:

#: Shot Put will begin immediately after javelin.

#: High Jump will begin immediately after javelin

\$: Discus will begin immediately after shot put

^: Hammer will begin immediately after discus

Long/Triple: Each will have 1 hour open pit. You must jump during this window.